

MARYLAND ADVISORY COUNCIL ON HEALTH AND WELLNESS

MINUTES

JANUARY 20, 2021

4:00 P.M.

The Maryland State Advisory Council on Health and Wellness held a public meeting on 1/20/21, beginning at 4:00 P.M.

MEMBERS PRESENT

Salliann Alborn
Mary Backley
Summit Bassi, M.D.
Mary Pat Bertacchi, RDN
Jonathan Dayton
Angela Deal
Jennifer Eastman
Mychelle Farmer, M.D.
Gary Gerstenblith, M.D.
Roger Harrel
Rita Kalyani, M.D.
Jessica Kiel, RDN
Linda Kline
Namisa Kramer
Seth Martin, M.D.
Julie Maneen
Seth Martin, M.D.
Aruna Nathan, M.D.
Rachel Pigott
Cameron Pollock
Vaple Robinson, Ph.D., R.N.
Vivienne Rose, M.D.
Jason Semanoff
Teresa Titus-Howard, Ph.D.
Sara Vazer, M.D.
Kristin Watson, Pharm.D.
Pamela Williams
Pamela Xenakis, RDN
Afton Thomas, M.D.

MEMBERS NOT PRESENT

Lois A. Freeman
Kelsie Shannon
Geeta Sharma

MDH STAFF PRESENT

Olubukola Alonge, M.D.
Kathleen Graham
Amanda Klein
Anne Langley
Lisa Marr
Larry McNeely
Sadie Peters, M.D.
Kristi Pier
Emily Tolbert
Sue Vaeth

MEMBERS OF THE PUBLIC PRESENT

None Present.

I. Meeting Opening

Jessica Kiel, Chair, called the meeting to order at 4:00 P.M. and reviewed the meeting agenda.

II. Welcome and Business

Roll Call: Ms. Kiel asked Kristi Pier to take the roll.

Consideration/Approval of October Minutes: Salliann Alborn moved to approve the October 14, 2020 Minutes. Pamela Xenakis seconded. The motion was adopted without objection.

New Member Introduction: Ms. Kiel welcomed the newest member of the Council, Dr. Afton Thomas, a rheumatologist practicing at the University of Maryland Medical Center.

III. Legislative Session Update

At Ms. Kiel's invitation, Larry McNeely and Ms. Pier updated members on the Council's process for taking positions on pending state legislation. Ad-Hoc Legislative Workgroup members recommend positions on pending legislation for full Council consideration. To ensure position statements meet strict Maryland Department of Health and General Assembly timelines, Council meetings are scheduled every Tuesday at 9:00 AM during Legislative Session to vote on the Workgroup's recommendations. Members who cannot attend may be asked to vote via a special electronic survey within 24 hours of the Council meeting.

Ms. Kiel thanked the Legislative Workgroup members and urged all Council members to participate in the bill review and voting process. In 2020, the Council could not take positions because a quorum of members did not vote either at the meeting or via special electronic survey.

Dr. Theresa Titus-Howard suggested using text messages to alert members of the Council when an electronic vote is pending.

Ms. Pier agreed and instructed Mr. McNeely to share a Google sheet, inviting members to indicate their preference for text or email alerts.

IV. Member Highlight

Jason Semanoff, Physical Education Program Specialist with the Maryland State Department of Education (MSDE), presented on physical activity and physical education in Maryland. Mr. Semanoff outlined the difference between physical activity aimed at participation (e.g. recess, activity breaks, before and after care) and physical education aimed at learning physical activity skills and knowledge. Prior team sport-based physical education, while aspiring to create a fit nation, resulted in negative experiences that did not support lifelong fitness or physical activity. Modern physical education promotes physical activity literacy to address the physical activity epidemic throughout the

lifespan. With stakeholder engagement, MSDE has developed the Maryland Physical Education Framework which focuses on physical activity participation and literacy for all, including students with disabilities.

V. Committee Updates

Ms. Kiel invited Committee Chairs to deliver brief reports:

- Arthritis Committee (Rachel Pigott): The Committee is continuing to hone its work plan and associated timelines. Arthritis-related messages for targeted audiences to mark Arthritis Awareness Month in May are under development. The Committee also plans to participate in the May 16 Walk to the Cure event and asked other Committees and Council members to participate.
- Diabetes Committee (Pamela Xenakis): The Committee is developing new action items in alignment with the Maryland Diabetes Action Plan. The Committee also plans to engage with a clinical task force. This task force will launch next year.
- Fitness Committee (Aruna Nathan): The Fitness Committee has focused on communicating the importance of physical activity, using specific social media messages with the hashtag #MDFIT150. The Committee would like to partner with other Committees to develop a calendar of activity-related messages built around Health Observances (e.g. Heart Health Month).
- Heart Disease and Stroke Committee (Angela Deal and Kristin Watson): The Committee has learned more about Maryland's new Community Health Worker (CHW) certification process and is pleased that a special hypertension CHW certification is planned. The Committee is also planning a public education effort aimed at promoting self-monitoring of blood pressure and primary care referrals.

VI. Public Comment

Ms. Kiel opened the meeting for public comments; no member of the public provided comment.

VII. Adjournment

Ms. Kiel adjourned the meeting at 5:01 P.M.

2021 Quarterly Council Meetings—April 21; July 21; October 20 4:00-6:00 P.M.